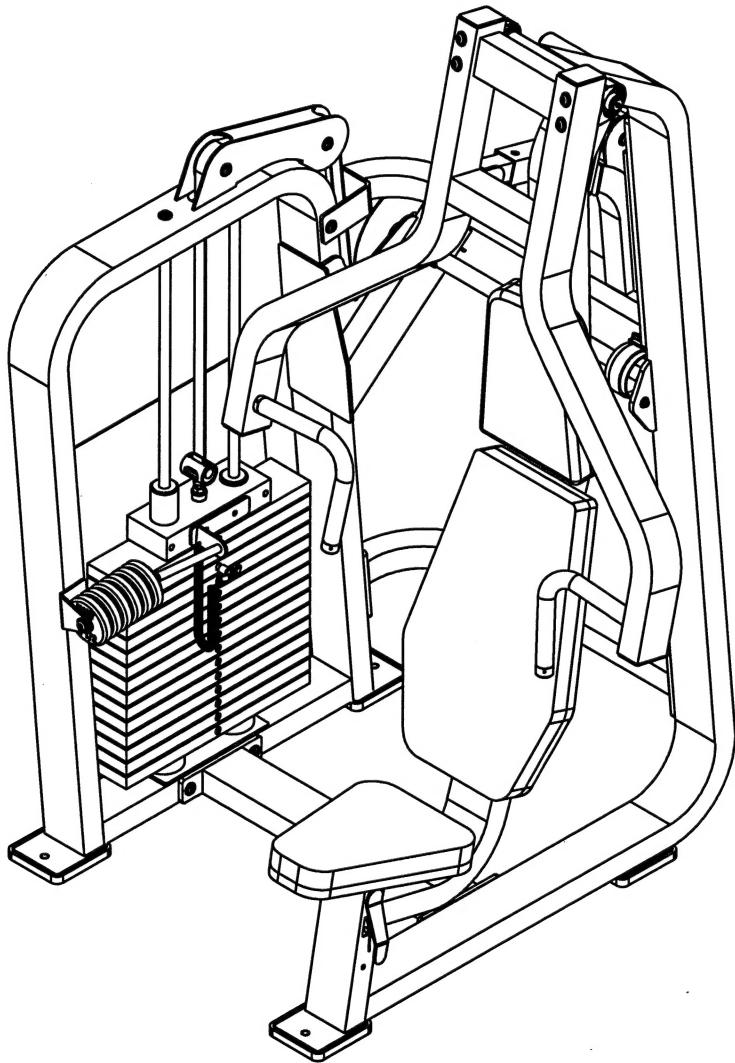


# OWNERS MANUAL



## CL2301



**Note: Both Serial Number and Model Number are Required when Ordering Parts**

**RECORD SERIAL NUMBER HERE**

**Customer Service**

**(800) 548-5438**

**(858) 578-7676**

**Fax**

**(858) 578-9558**

**AUGUST, 2002**

# **OWNERS MANUAL**

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## **Step 1 INSTRUCTIONS**

**Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.**

**Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.**

### **TOOLS REQUIRED**

**Standard Allen Wrench Set  
(5/64" Thru 1/4")**

**Socket Wrench  
(7/16", 1/2", 9/16", & 3/4")**

**Belt Tensioning Wrench  
(Hoist Tool SM374)**

**Crescent Wrench**

**Rubber Mallet**

**Tape Measure**

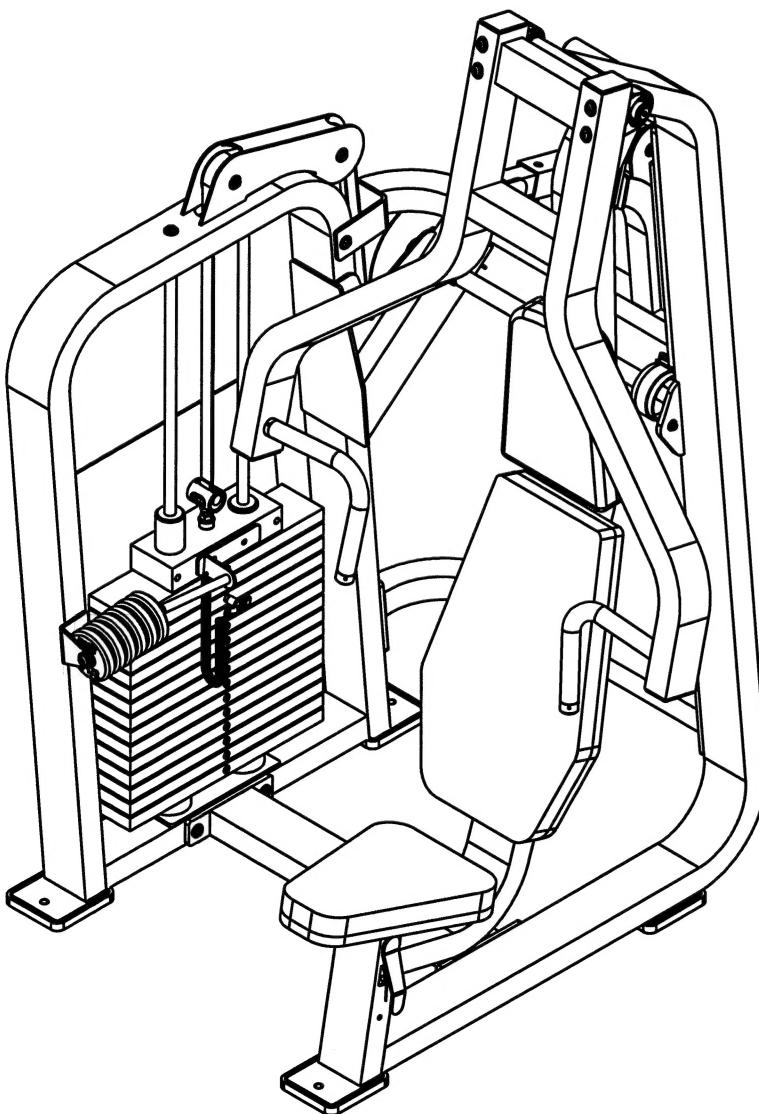
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## Step 2 FRAME ASSEMBLY

### FACTORY INSTALLATION INSTRUCTION ONLY

1. ALL THREADED HOLES SHOULD BE TAPPED EXCEPT INSERTS.
2. ALL CALLED OUT INSERTS MUST BE INSTALLED BEFORE AND ASSEMBLY.
3. PUT A DROP OF BLUE LOCTITE 242 ON BOLTS IF NECESSARY.
4. IF NECESSARY APPLY GREEN LOCTITE 680 TO ALL BEARINGS.



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## Step 2a FRAME ASSEMBLY

In this step start by attaching (33) and (43) to (29), now attach (30) to (33) and (43). Next slide (23), (9), and followed by (47) onto (32). Again slide another (9) and (23) onto (32) then secure. Now slide (32) onto (30) and make sure to leave (32) bewteen (29) and (30). Attach (AA)'s to (29) and (30) by facing the zerk fitting downward. Adjust (32) for fittings bewteen (29) and (30). Make sure (9)'s are flushed with (47). Next attach (15) to the bottom hole of (28) and slide (28) onto (32). Secure (32) with (AB). Hand tighten bolts only, they will be tightened later. Lift machine to position (20)'s.

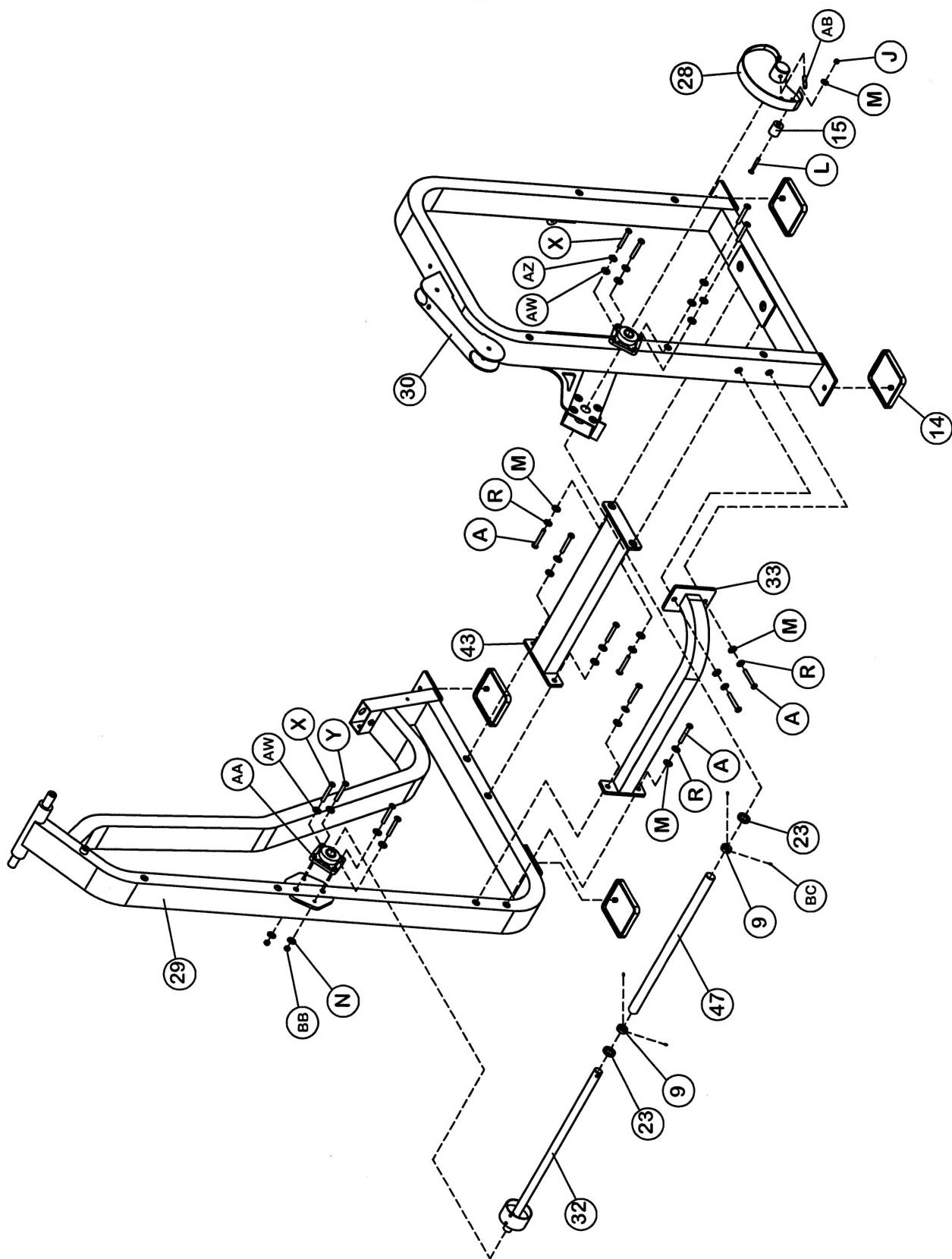
### Part Descriptions

- 9 - Ø1 1/2" Aluminum Ring
- 14 - Rubber Foot Pad
- 15 - 1 1/2" lg. Aluminum Stopper
- 23 - Black Plastic Ring
- 28 - Cam Assembly
- 29 - Seated Frame Assembly
- 30 - Weight Cage
- 32 - Shaft Assembly
- 33 - Mid Brace Assembly
- 43 - Brace Assembly
- 47 - Rubber Grip

### Hardware Descriptions

- A - 1/2"-13 x 1 1/2" BHS (WZ)
- J - 1/2" Nylock Nut (WZ)
- L - 1/2"-13 x 2" FHCS (BZ)
- M - 1/2" Flat Washer (WZ)
- N - 3/8" Flat Washer (WZ)
- R - 1/2" Lock Washer (WZ)
- X - 3/8"-16 x 1 1/4" BHS (WZ)
- Y - 3/8"-16 x 1 1/2" BHS (WZ)
- AA - Flange Bearing
- AB - 3/8" x 2" Open Role Pin
- AW - 3/8" Flat Washer (BZ)
- AZ - 3/8" Lock Washer (BZ)
- BB - 3/8"-16 Lock Nut (WZ)

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## Step 2b FRAME ASSEMBLY

In this step start by attaching (31) to (29) and (30). Next slide (AE)'s on both sides of (29) and attach (34) to (AE)'s. Secure (AE)'s with (BH)'s and (48)'s. Wrench tighten bolts including all previously hand tighten bolts.

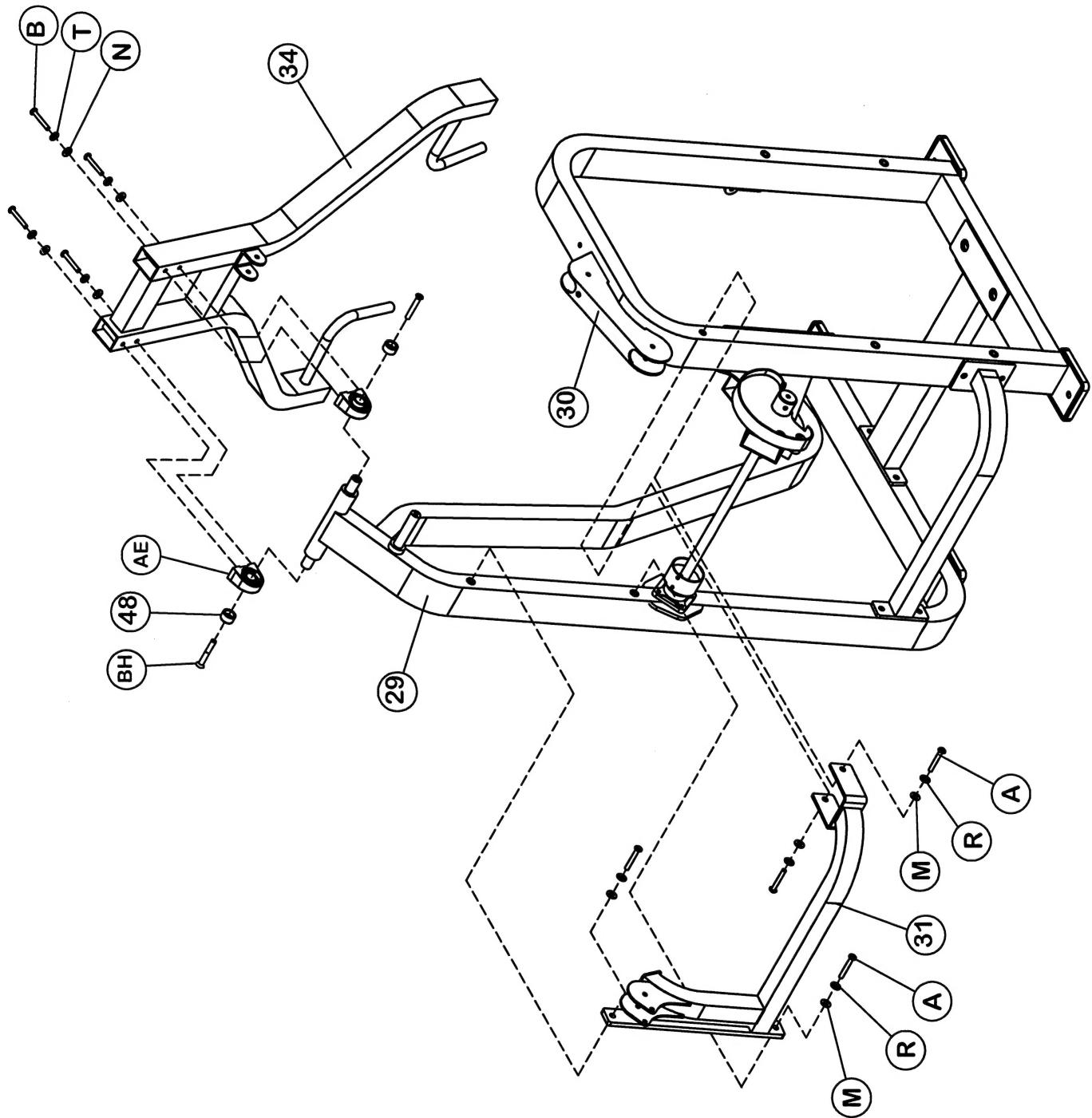
### Part Descriptions

- 29 - Seated Frame Assembly**
- 30 - Weight Cage**
- 31 - Upper Brace Assembly**
- 34 - Arm Press Assembly**
- 48 - Aluminum Cap**

### Hardware Descriptions

- A - 1/2"-13 x 1 1/2" BHS (WZ)**
- B - 3/8"-16 x 3 1/2" BHS (WZ)**
- M - 1/2" Flat Washer (WZ)**
- N - 3/8" Flat Washer (WZ)**
- R - 1/2" Lock Washer (WZ)**
- T - 3/8" Lock Washer (WZ)**
- AE - Pillow Block Bearing**

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## Step 2b FRAME ASSEMBLY

In this step start by pressing two (17)'s into (30). Take (16)'s and place them over (17)'s. Next slide (1)'s onto (16)'s and (17)'s. Make sure to lube (1)'s with Teflon based lubricant (superlube). Tilt (1)'s about 10 degrees outward from the weight cage (30). Now slide (6)'s one by one onto (1)'s. Once all (6)'s are placed, add (42). Place (BL) on top of (1)'s and then tilt (1)'s back to a vertical position and make sure (1)'s, (6)'s, and (42) are sitting level. Attach (1)'s to (30) from the top as shown. Next attach (25) to (42) and attach (24) to (12). Attach (2) to (30) then slide (50) and (18)'s onto (2). Next attach another (2) to (25) and slide (50) onto (2). Finally attach the bigger end of (AM) to (25) and the other to end (BP). Wrench tighten bolts including all previously hand tighten bolts.

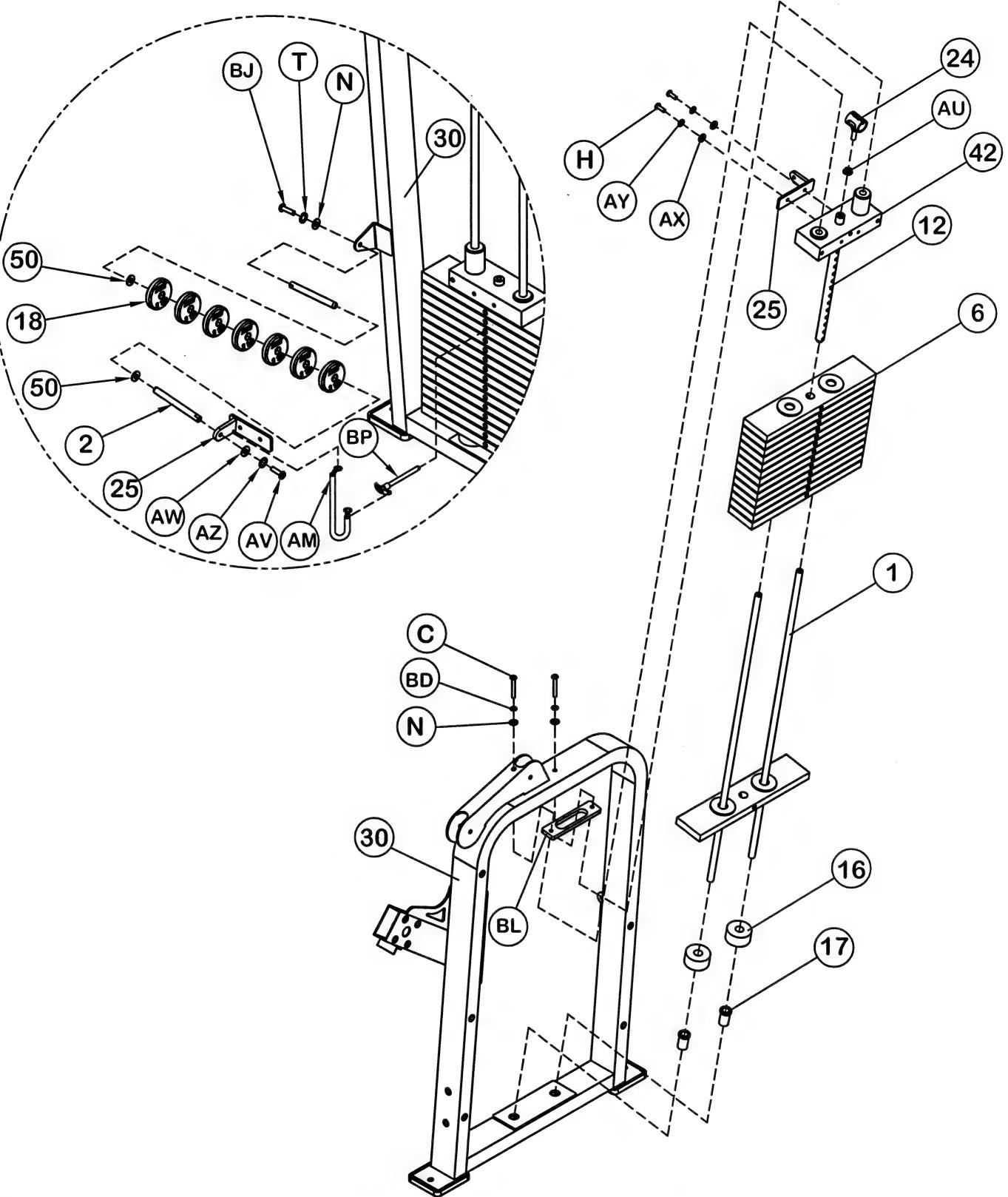
### Part Descriptions

- 1 - 46 3/4" Guide Rod
- 2 - Add On Weight Rod
- 6 - 20 lbs. Intermediate Weight
- 12 - 16 Holes Weight Stem
- 16 - Weight Bumper
- 17 - Guide Rod Bushing
- 18 - Add On Weight
- 24 - Belt Adjustment Anchor
- 25 - Center LH BRK Add-On
- 30 - Weight Cage
- 42 - 8.6 Aluminum Top Plate
- 50 - Plastic Washer

### Hardware Descriptions

- C - 3/8"-16 x 2 3/4" BHS (WZ)
- H - 5/16"-18 x 1" BHS (BZ)
- N - 3/8" Flat Washer (BZ)
- T - 3/8" Lock Washer (WZ)
- AM - Selector Pin Lanyard
- AU - Serrated Hex Nut
- AV - 3/8-16 x 1" BHS (BZ)
- AW - 3/8" Flat Washer (BZ)
- AX - 5/16" Flat Washer (BZ)
- AY - 5/16" Lock Washer (BZ)
- AZ - 3/8" Lock Washer (BZ)
- BD - 3/8" Split Washer (WZ)
- BJ - 3/8-16 x 1" BHS (WZ)
- BL - Guide Rod Mount
- BP - Weight Selector Pin

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## Step 2c FRAME ASSEMBLY

In this step start by attaching (AH)'s to (30). Next shown in view-1 (Fig.1), slide (AF) into the top slot of (24). Fig. 2, loop the end of (AF) and feed it back up through the slot, keeping the loop open. Fig. 3, slide (3) through (AF) then align the two holes on (3) to the two top holes on (24) and secure. Next attach the belt by bringing it up through the top hole of (30). Make sure (AF) smooth side is contacting the surface of (AH)'s. See belt routing procedure on page 12 for loop clarity on (28). Wrench tighten bolts.

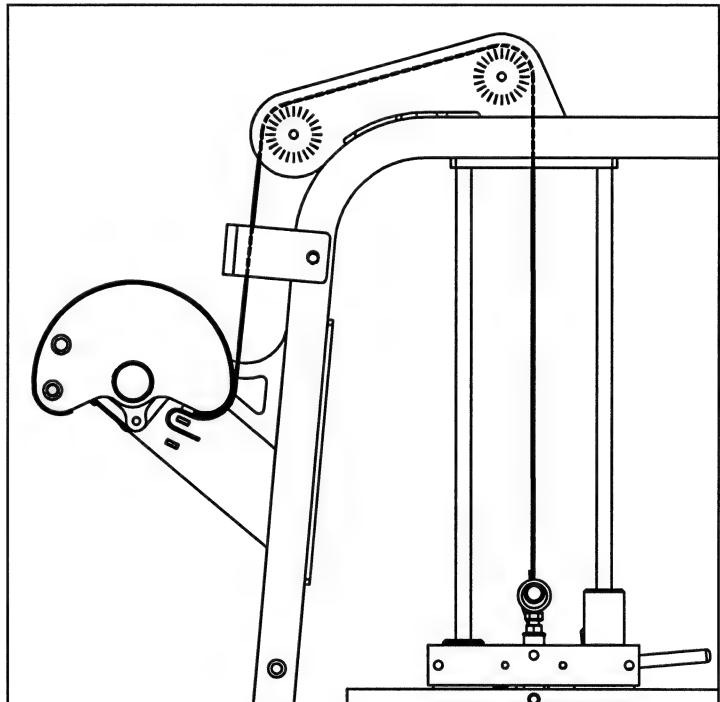
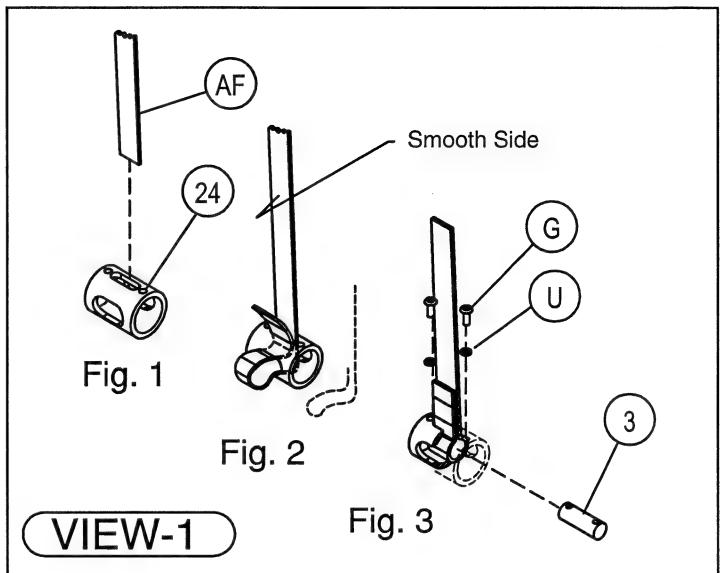
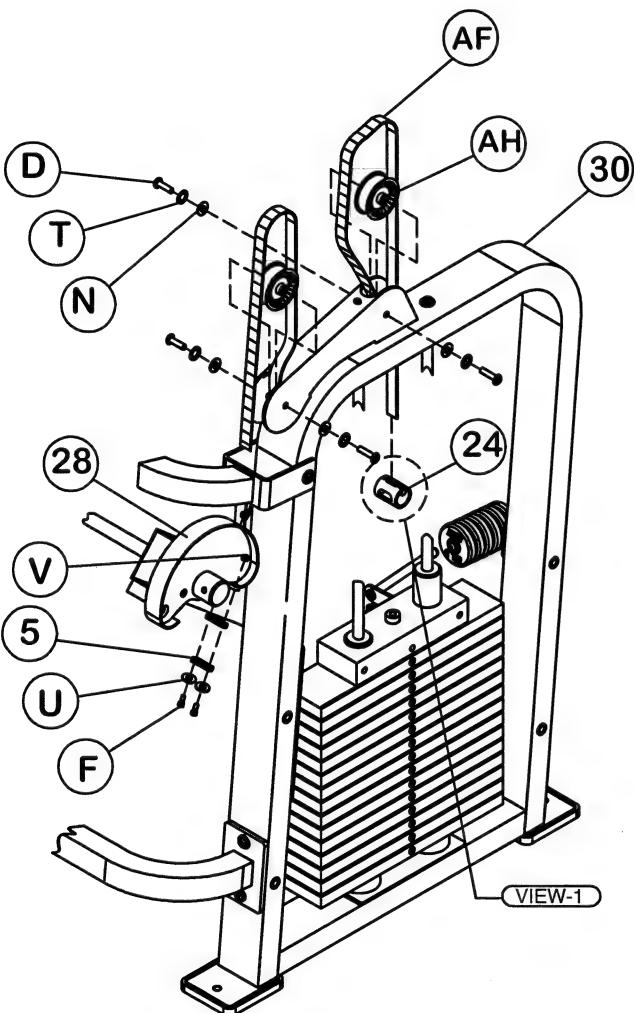
### Part Descriptions

- 3 - Belt Adjuster Anchore Shaft
- 5 - Serrated Clamp
- 24 - Belt Adjuster Anchore
- 28 - Small Cam Assembly
- 30 - Weight Cage

### Hardware Descriptions

- D - 3/8"-16 x 3/4" BHS (WZ)
- F - 1/4"-20 x 1 1/4" BHS (WZ)
- G - 1/4"-20 x 1" BHS (BZ)
- F - 1/4"-20 x 1" SHS (BZ)
- N - 3/8" Flat Washer (WZ)
- T - 3/8" Lock Washer (WZ)
- U - 1/4" Lock Washer (BZ)
- V - 1/4" Lock Nut (WZ)
- AF - 90" lg. Belt
- AH - 3 1/4" Pulley

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## BELT ROUTING PROCEDURE

1. Smooth side down always for two top pulleys and clamps. Smooth side to wrap around (3).
2. When tightening (5)'s to the belt do not exceed 70 in. lbs.

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## Step 2d FRAME ASSEMBLY

In this step start by pressing (AJ) into (29). Next slide (13) into (45) and attach (45) to (34). Next slide two (Z)'s onto (29) and slide (11) onto (29) followed by two more (Z)'s and secure with (48) and (BK). Slide (49) into (35) and attach (35) to (11). Next carefully by pushing (34) forward and slide (45) back into (35). Slowly return (34) to the original position and secure (35) with (AS), now attach (44). For belt routing make sure (AG) smooth side is faced toward (32). Start securing one end of (AG) to (32) by bringing one end of (AG) around and in between (5)'s. After one end of (AG) is secured to (32), bring the other end of (AG) by wrapping around (32) and up to and through (35). See diagram view-3 on the next page for belt routing clarity. Wrench tighten bolts.

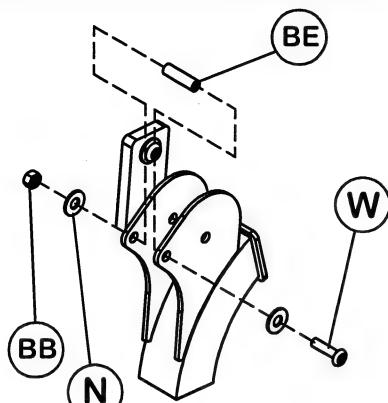
### Part Descriptions

- 5 - Serrated Clamp
- 11 - Swivel Assembly
- 13 - Shaft Selector
- 29 - Seated Frame Assembly
- 32 - Shaft Assembly
- 34 - Arm Press Assembly
- 35 - Selector Assembly
- 44 - Short Pull Pin
- 45 - Chrome Selector
- 48 - Ø1.63 x .312 Flat Cap
- 49 - Ø.75 x 2.86 CRS Shaft

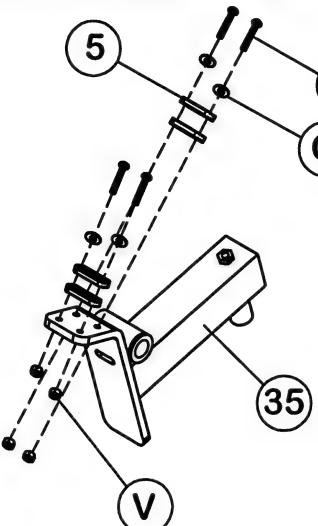
### Hardware Descriptions

- N - 3/8" Flat Washer (WZ)
- Q - 1/4" Flat Washer (BZ)
- T - 3/8" Lock Washer (WZ)
- V - 1/4" Lock Nut (WZ)
- W - 3/8"-16 x 2 1/2" BHS (WZ)
- Z - Metal Shim Washer
- AG - 60" lg. Belt
- AJ - Bumper Stopper
- AN - 1/4" x 1 1/2" SHS (BZ)
- AS - Square Head Set Screw
- BB - 3/8" Lock Nut (WZ)
- BE - 3/8" x 2" Vinyl Cover
- BF - 3 1/4" Pulley w/o Threads
- BJ - 3/8"-16 x 1" BHS (WZ)
- BK - 3/8"-16 x 1 1/2" (WZ)

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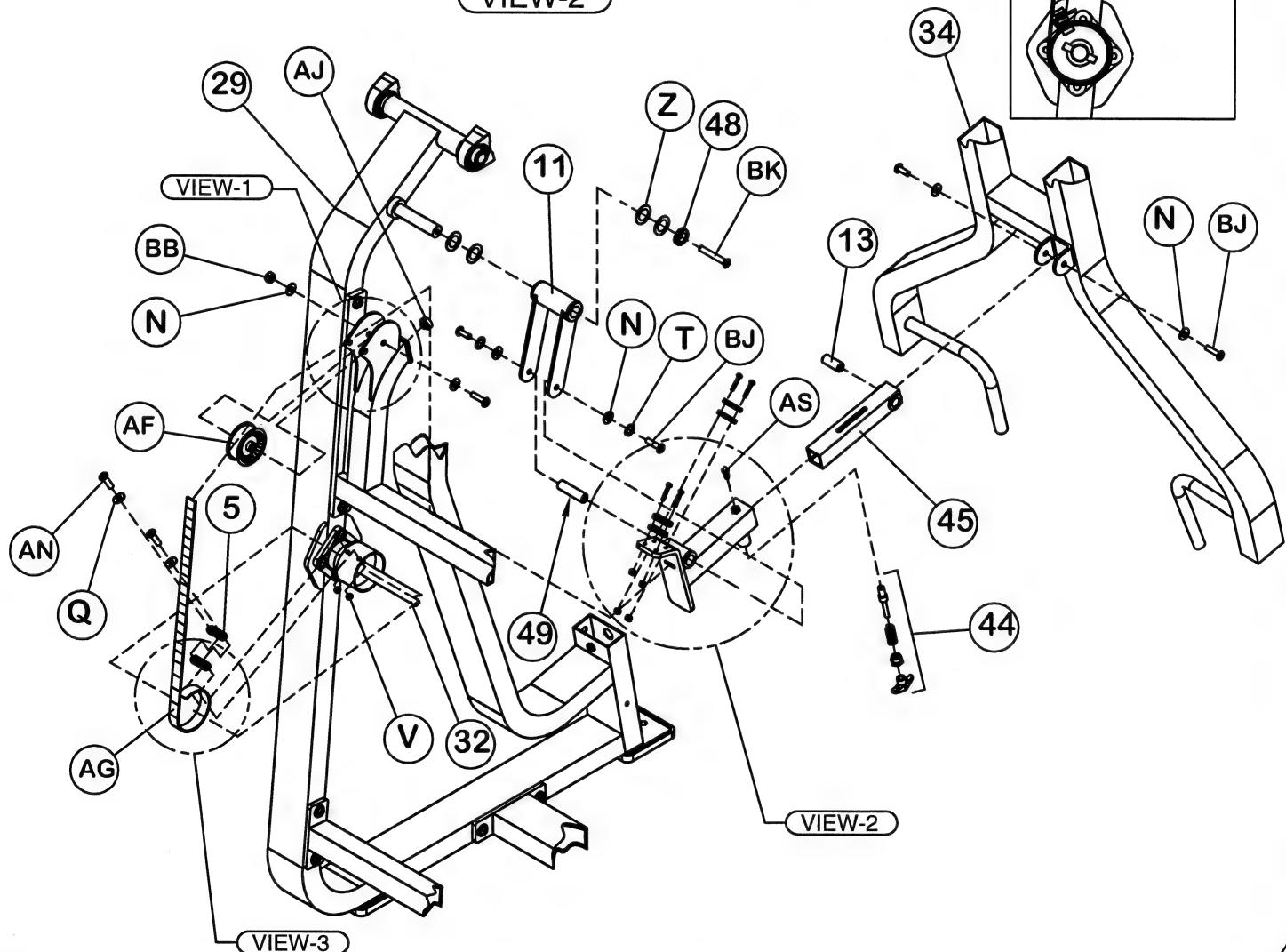
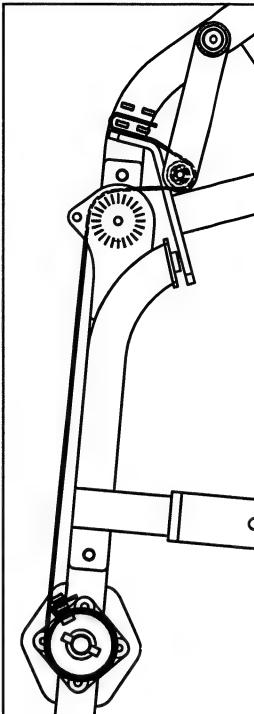
VIEW-1



VIEW-2

BELT ROUTING PROCEDURE

1. Smooth side down always for top pulleys and clamps. Smooth side to wrap around (32).
2. When tightening (5)'s to the belt do not exceed 70 in. lbs.



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## Step 2e FRAME ASSEMBLY

In this step start with one side of the handle by sliding (9) onto (34) handle. Next slide (22) onto the handle followed by (8). Once all three pieces are placed, secure (8). Next slide (22) back to flush with (8). Now slide (9) back to flush with (22) and secure. Apply the same procedure for the other handle. Allen Wrench Tighten bolts.

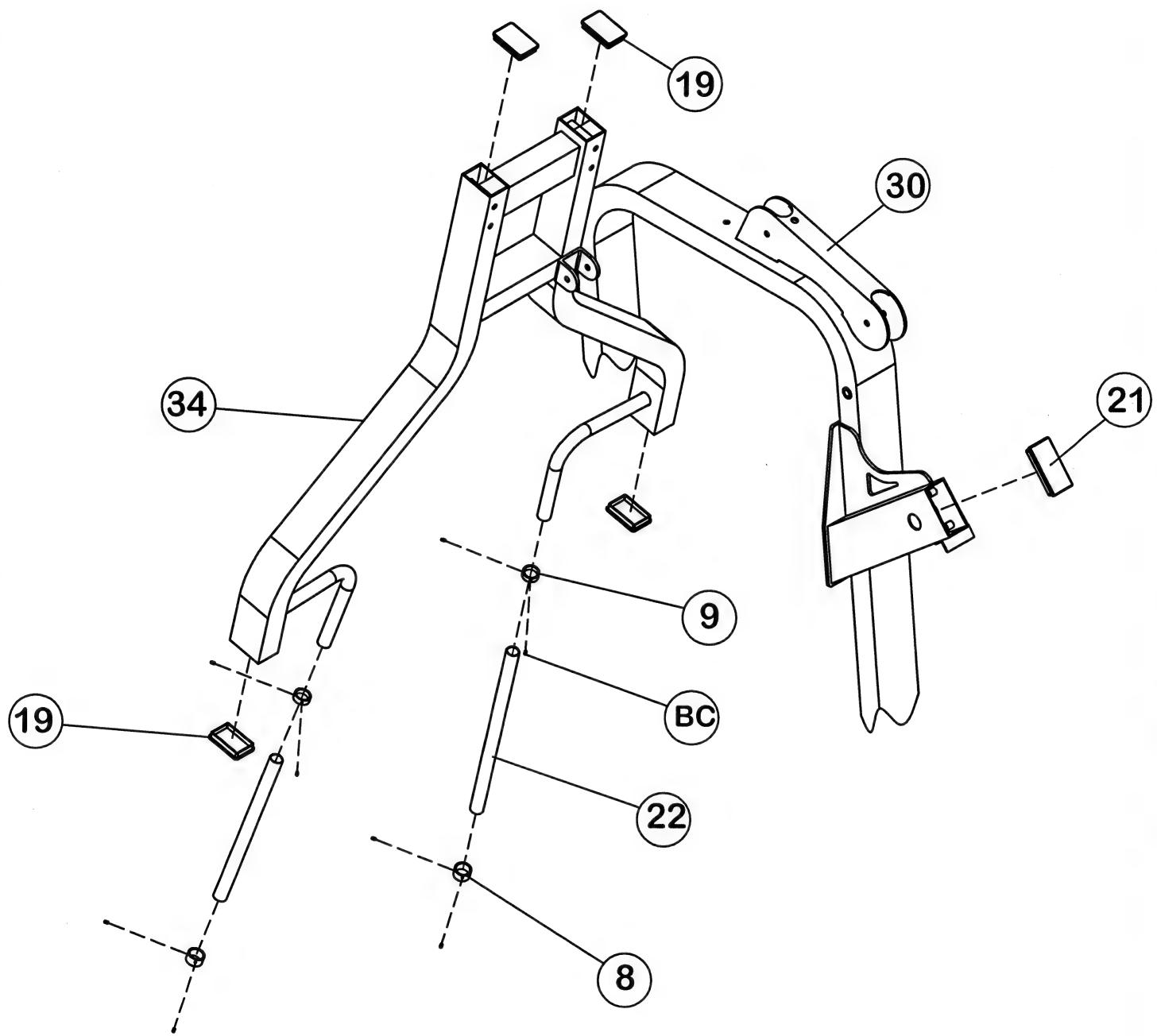
### Part Descriptions

- 8 - Ø1 1/2" Aluminum End Cap
- 9 - Ø1 1/2" Aluminum Ring
- 19 - 2" x 3" End Cap (VH)
- 21 - 2" x 4" End Cap (VH)
- 22 - Rubber Grip
- 30 - Weight Cage
- 34 - Arm Press Assembly

### Hardware Descriptions

- BC - 10-32 x 1/8" Set Screw

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## Step 2f FRAME ASSEMBLY

In this step start by attaching (26) to (29) by sliding (4) through the mount of (26) and the center hole spiral spring (10). Now secure it with (AR). Make sure (10) have resistance spring tension between (26) and (29) when pushed on the bottom end of (26). Next attach (36) to (27) and slide (27) into (29) as shown. Attach (38) and (37) to the mid part of (29). Next attach (40) and (39) to the upper part of (29). Wrench tighten bolts.

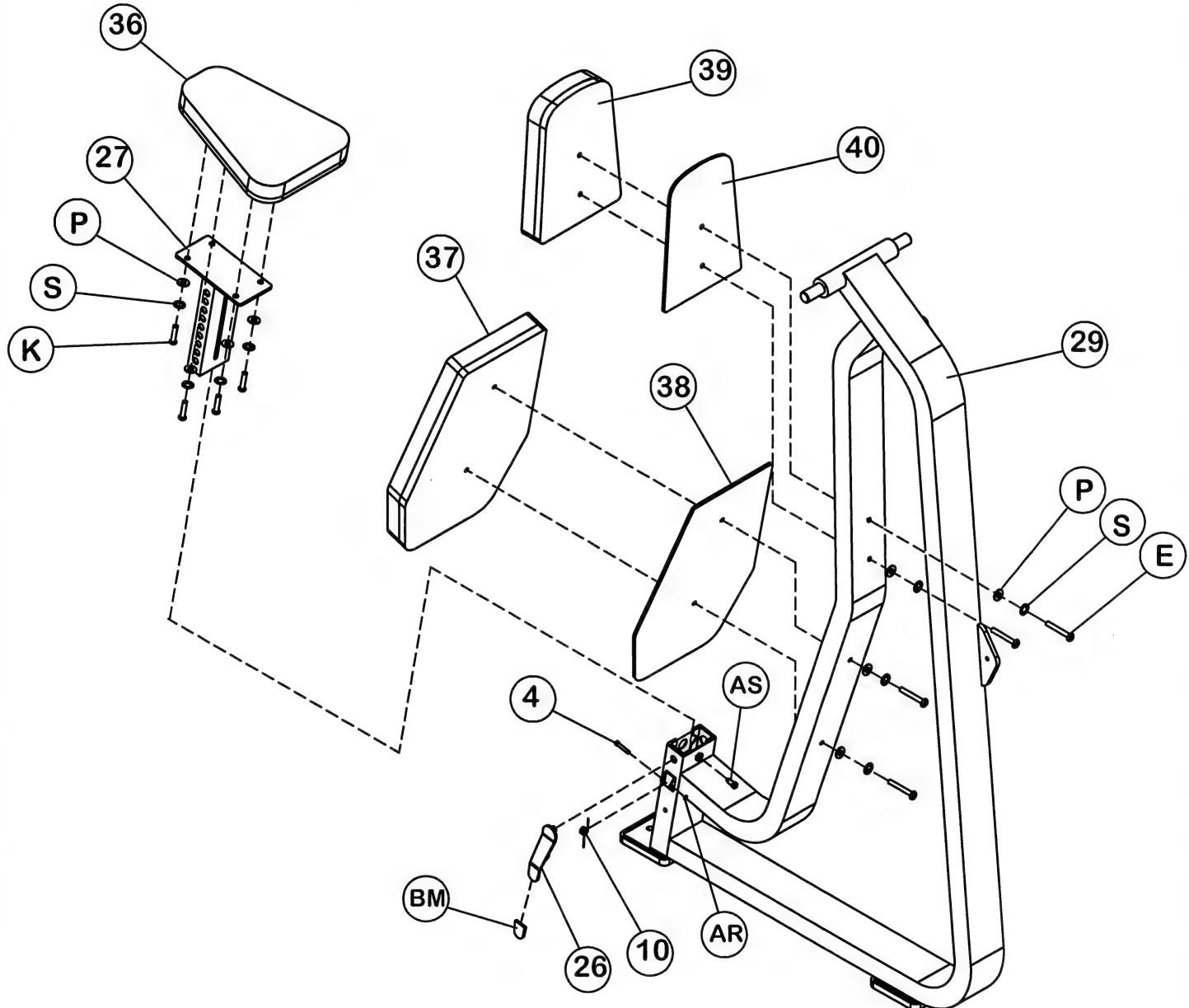
### Part Descriptions

- 4 - Latch Assembly Pin
- 10 - Latch Assembly Spring
- 26 - Latch Assembly
- 27 - Seat Adjuster Assembly
- 29 - Seat Frame Assembly
- 36 - Seat Pad Assembly
- 37 - Back Pad Assembly
- 38 - Backing Pad
- 39 - Head Rest Pad Assembly
- 40 - Head Rest Backing Pad

### Hardware Descriptions

- E - 5/16"-18 x 3" BHS (WZ)
- K - 5/16"-18 x 1 1/4" BHS (WZ)
- S - 5/16" Lock Washer (WZ)
- P - 5/16" Flat Washer (WZ)
- AR - C-clip
- AS - Square Head Set Screw
- BM - Rubber Thumb Pad

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## Step 2g FRAME ASSEMBLY

In this step attach (41) to (30). Wrench tighten bolts.

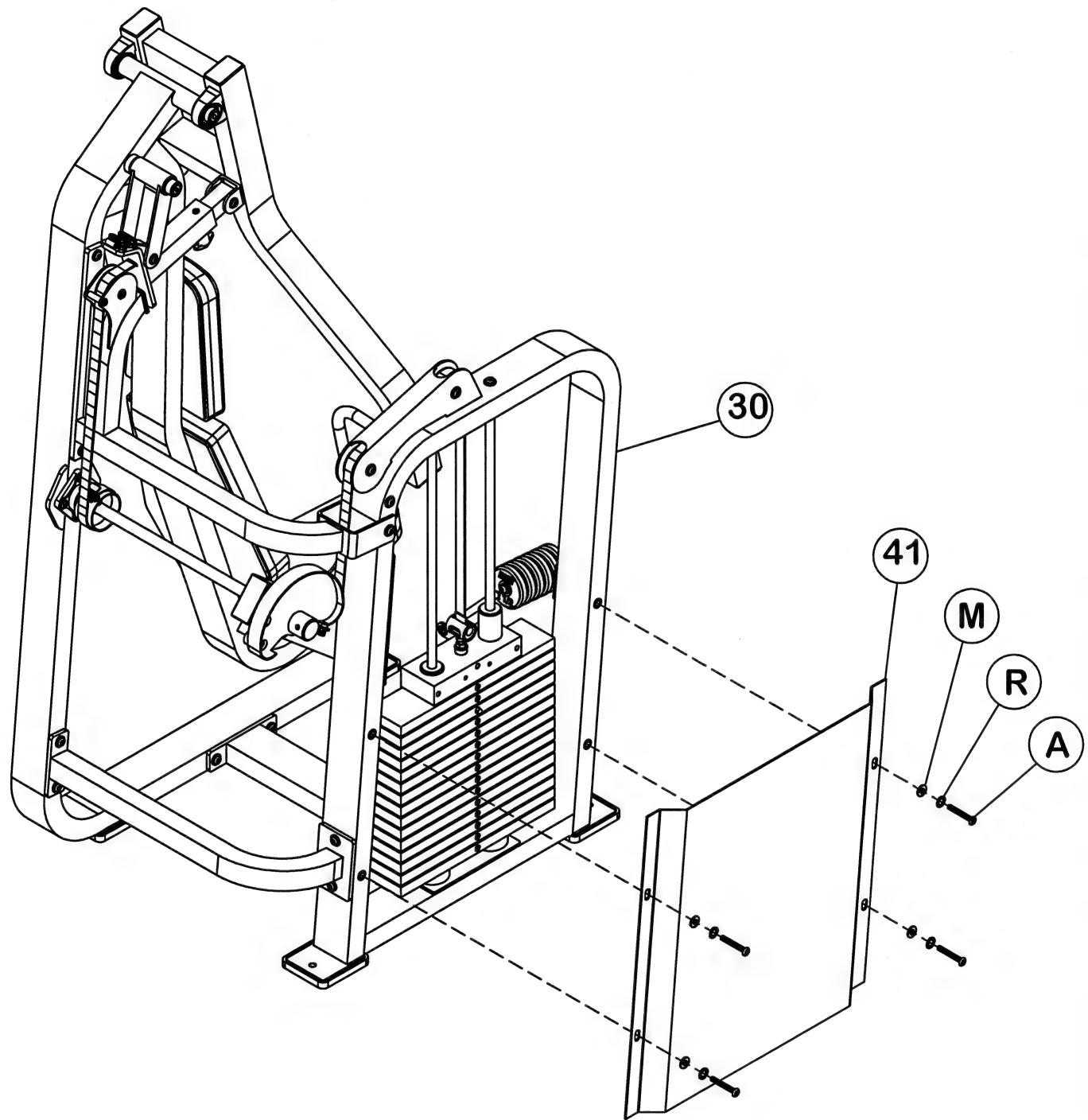
### Part Descriptions

30 - Weight Cage  
41 - Shield

### Hardware Descriptions

A - 1/2"-13 x 1 1/2" BHS (WZ)  
M - 1/2" Flat Washer (WZ)  
R - 1/2" Lock Washer (WZ)

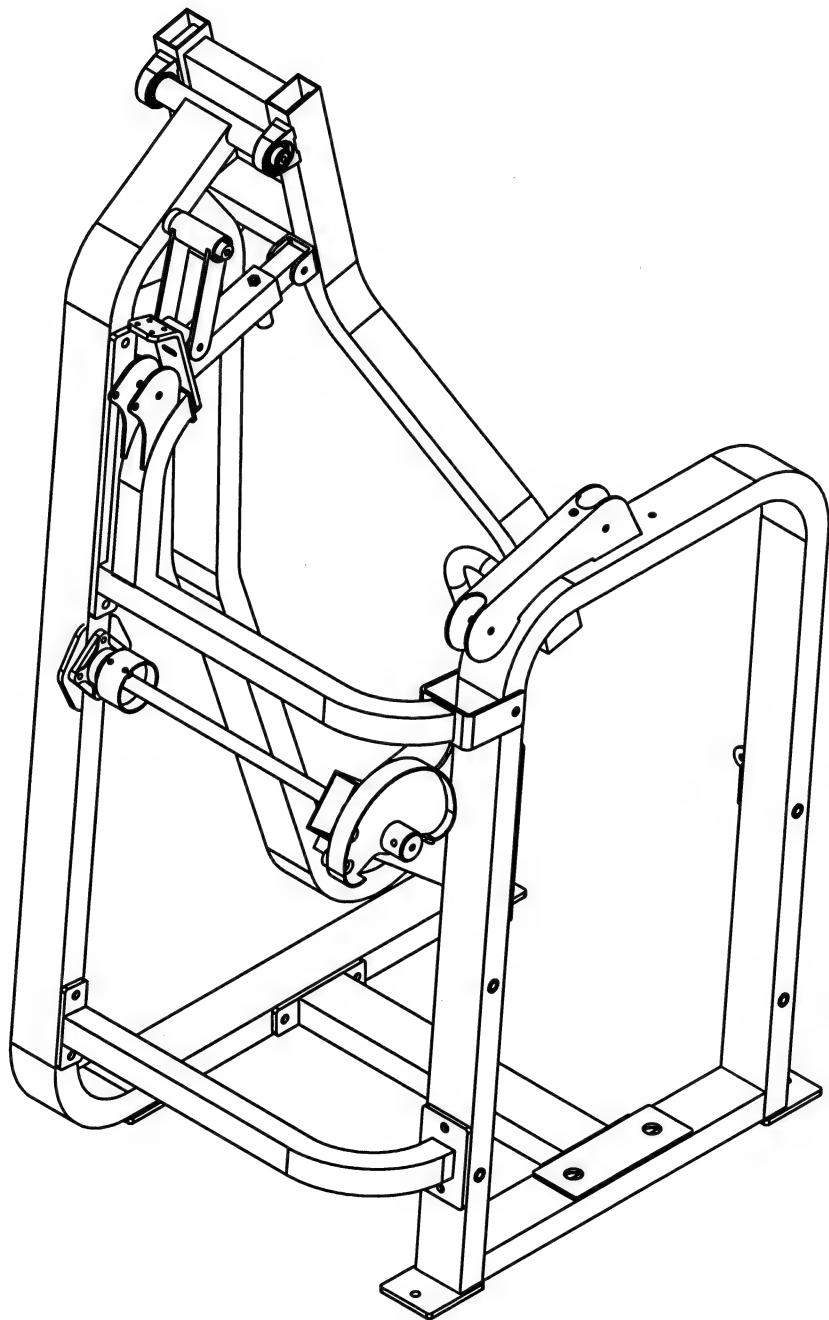
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## PRE-ASSEMBLY



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## Step 3a PRE-ASSEMBLY

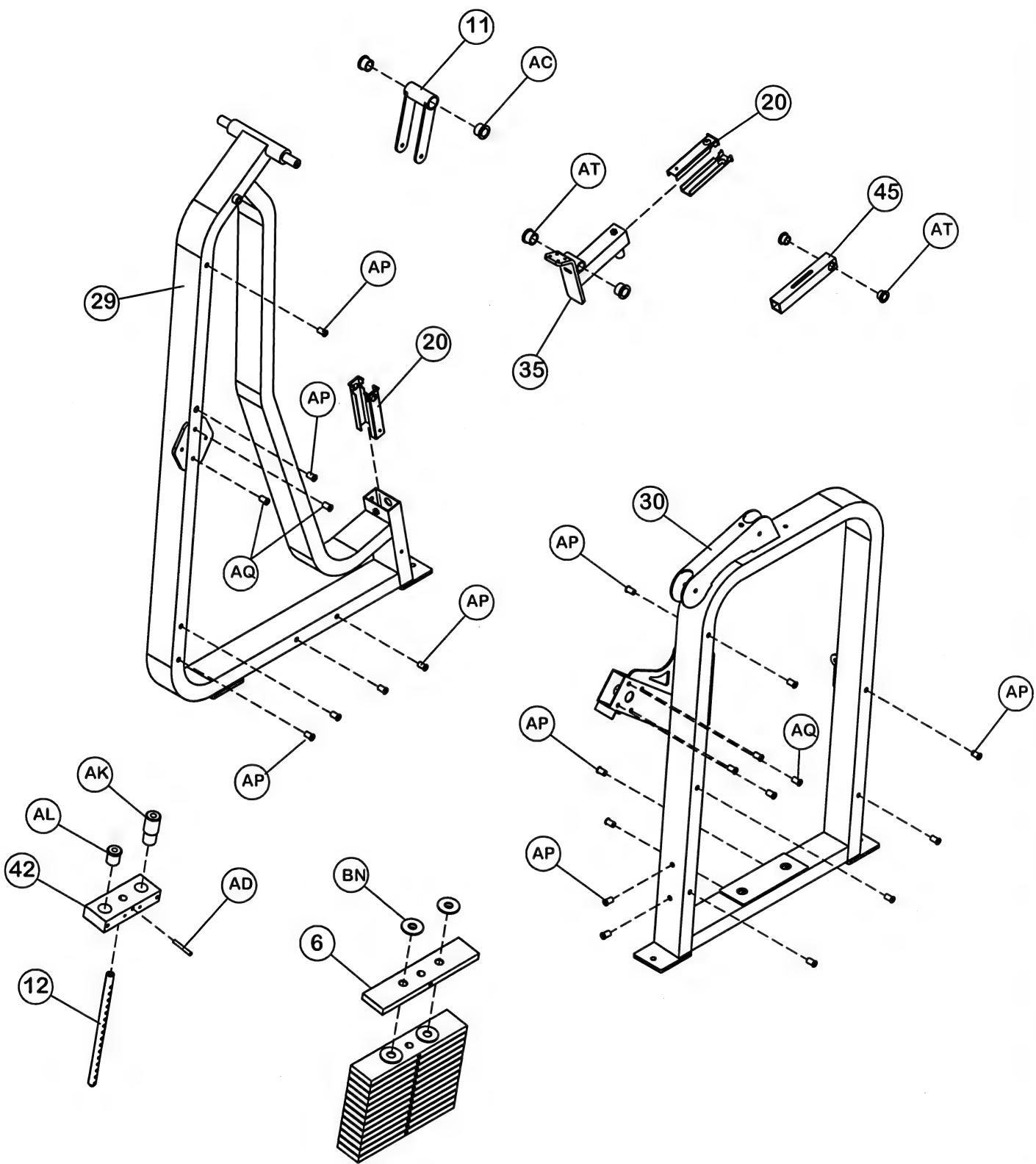
### Part Descriptions

**6 - 20 lbs. Intermediate Weight**  
**11 - Swivel Assembly**  
**12 - 16 Holes Weight Stem**  
**20 - EZ Glide**  
**29 - Seated Frame Assembly**  
**30 - Weight Cage**  
**35 - Selector Assembly**  
**42 - 8.6 lbs. Aluminum Top Plate**  
**45 - Chrome Selector**

### Hardware Descriptions

**AC - Ø1 Oilite**  
**AD - Top Weight Roll Pin**  
**AK - Tall Guide Bearing**  
**AL - Short Guide Bearing**  
**AP - 1/2" Insert**  
**AQ - 3/8" Insert**  
**AT - Ø3/4" Oilite**  
**BN - Intermediate Weight Bushing**

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## PART LISTING

| <u>Key#</u> | <u>Qty.</u> | <u>Part Number</u> | <u>Description</u>           |
|-------------|-------------|--------------------|------------------------------|
| 1           | 2           | 026-01G0136        | 46 3/4" Guide Rod            |
| 2           | 2           | 026-01M0295        | Add Weight Rod               |
| 3           | 1           | 026-01M0294        | Belt Adjuster Anchor Shaft   |
| 4           | 1           | 026-01M0309        | Latch Assembly Pin           |
| 5           | 8           | 026-01P0467        | Serrated Clamp               |
| 6           | 15          | 026-01W0104        | 20 lbs. Intermediate Weight  |
| 7           | 1           | 026-01M0134        | Weight Selector Pin          |
| 8           | 2           | 026-01M0391        | Ø1 1/2" Aluminum End Cap     |
| 9           | 4           | 026-01M0392        | Ø1 1/2" Aluminum Ring        |
| 10          | 1           | 026-01M0503        | Latch Assembly Spring        |
| 11          | 1           | 026-01X0689        | Swivel Assembly              |
| 12          | 1           | 26-STD-SW111       | 16 Holes Weight Stem         |
| 13          | 1           | 026-01M0367        | Shaft Selector               |
| 14          | 4           | 026-01PL195        | Rubber Foot Pad              |
| 15          | 1           | 026-01M0510        | 1 1/2" lg. Aluminum Stopper  |
| 16          | 2           | 026-01PL201        | Weight Bumper                |
| 17          | 2           | 026-01PL134        | Guide Rod Bushing            |
| 18          | 7           | 026-1300024        | Add On Weight                |
| 19          | 4           | 026-01PL192RV      | 2" x 3" End Cap (VH)         |
| 20          | 4           | 026-01PL125        | EZ Glide                     |
| 21          | 1           | 026-01PL187RV      | 2" x 4" End Cap (VH)         |
| 22          | 2           | 026-01PL235-2      | Rubber Grips                 |
| 23          | 2           | 026-01PL178        | Black Plastic Ring           |
| 24          | 1           | 026-01X0145        | Belt Adjustor Anchore        |
| 25          | 1           | 026-01X0157        | Center LH BRK                |
| 26          | 1           | 026-01X0158        | Latch Assembly               |
| 27          | 1           | 026-01X0162        | Seat Adjuster Assembly       |
| 28          | 1           | 026-01X0501        | Small Cam Assembly           |
| 29          | 1           | 026-01X0657        | Seated Frame Assembly        |
| 30          | 1           | 026-01X0658        | Weight Cage                  |
| 31          | 1           | 026-01X0659        | Upper Brace Assembly         |
| 32          | 1           | 026-01X0661        | Shaft Assembly               |
| 33          | 1           | 026-01X0662        | Mid Brace Assembly           |
| 34          | 1           | 026-01X0663        | Arm Press Assembly           |
| 35          | 1           | 026-01X0664        | Selector Assembly            |
| 36          | 1           | 022-0007124        | Seat Pad Assembly            |
| 37          | 1           | 022-0007131        | Back Pad Assembly            |
| 38          | 1           | 022-0007130        | Backing Pad                  |
| 39          | 1           | 022-0007118        | Head Rest Pad Assembly       |
| 40          | 1           | 022-0007117        | Head Rest Backing Pad        |
| 41          | 1           | 026-1100063        | Shield                       |
| 42          | 1           | 26-STD-SWTOP12     | 8.6 lbs. Aluminum Top Plate  |
| 43          | 1           | 026-01X0660        | Brace Assemby                |
| 44          | 1           | 026-01X0185        | Short Pull Pin               |
| 45          | 1           | 026-01T0284        | Chrome Selector              |
| 46          |             |                    |                              |
| 47          | 1           | 026-01PL233-1      | Rubber Grip                  |
| 48          | 1           | 026-01M0239        | Ø1363 x .312 Flat Cap        |
| 49          | 1           | 026-01M0396        | Ø.75 x 2.86 CRS Shaft        |
| 50          | 2           | 013-0602003        | Add On Weight Plastic Washer |

# OWNERS MANUAL

## HARDWARE LISTING

| <u>Key#</u> | <u>Qty.</u> | <u>Part Number</u> | <u>Description</u>               |
|-------------|-------------|--------------------|----------------------------------|
| A           | 16          | 011-0101047        | 1/2"-13 x 1 1/2" BHS (WZ)        |
| B           | 4           | 011-0101028        | 3/8"-16 x 3 1/2" BHS (WZ)        |
| C           | 2           | 011-0101016        | 3/8"-16 x 2 3/4" BHS (WZ)        |
| D           | 4           | 011-0101041        | 3/8"-16 x 3/4" BHS (WZ)          |
| E           | 4           | 011-0101033        | 5/16"-18 x 3" BHS (WZ)           |
| F           | 2           | 011-0501001        | 1/4"-20 x 1 1/4" (BZ)            |
| G           | 2           | 011-0301029        | 1/4"-20 x 1" BHS (BZ)            |
| H           | 2           | 011-0201006        | 5/16"-18 x 1" BHS (BZ)           |
| J           | 1           | 021-0304011        | 1/2" Nylock Nut (WZ)             |
| K           | 2           | 011-0201006        | 5/16"-18 x 1 1/4" BHS (BZ)       |
| L           | 1           | 011-0002007        | 1/2"-13 x 2" FHS (BZ)            |
| M           | 17          | 013-0102003        | 1/2" Flat Washer (WZ)            |
| N           | 15          | 013-0002004        | 3/8" Flat Washer (WZ)            |
| P           | 8           | 013-0002001        | 5/16" Flat Washer (WZ)           |
| Q           | 10          | 013-0202005        | 1/4" Flat Washer (BZ)            |
| R           | 16          | 013-0302014        | 1/2" Lock Washer (WZ)            |
| S           | 8           | 013-0102021        | 5/16" Lock Washer (WZ)           |
| T           | 11          | 013-0102022        | 3/8" Lock Washer (WZ)            |
| U           | 10          | 013-0202005        | 1/4" Flat Washer (BZ)            |
| V           | 8           | 012-0104009        | 1/4"-20 Lock Nut (WZ)            |
| W           | 1           | 011-0101049        | 3/8"-16 x 2 1/2" BHS (WZ)        |
| X           | 1           | 026-01PL239        | Rubber Thumb Pad                 |
| Y           | 8           | 011-0201004        | 3/8"-16 x 1 1/2" BHS (BZ)        |
| Z           | 4           | 14-TBW-1           | Ø1" x .8mm thk Metal Shim Washer |
| AA          | 2           | 014-0009004        | Flange Bearing                   |
| AB          | 1           | 030-0303003        | 3/8" x 2" Open Role Pin          |
| AC          | 2           | 14-OIL-1F          | Ø1" Oilite                       |
| AD          | 1           | 030-0303006        | Top Weight Role Pin              |
| AE          | 2           | 014-0010007        | Pillow Block Bearing             |
| AF          | 1           | 015-0002002        | 90° lg. Belt                     |
| AG          | 1           | 015-0002002        | 60° lg. Belt                     |
| AH          | 2           | 018-0002001        | 3 1/4" Pulley                    |
| AJ          | 1           | 19-PAD-1           | Bumper Stopper                   |
| AK          | 1           | 014-0009005        | Tall Guide Bearing               |
| AL          | 1           | 014-0009006        | Short Guide Bearing              |
| AM          | 1           | 010-0008004        | Selector Pin Lanyard             |
| AN          | 6           | 011-0501002        | 1/4" x 1 1/2" SHS (BZ)           |
| AP          | 16          | 014-0014001        | 1/2" Insert                      |
| AQ          | 6           | 014-0014002        | 3/8" Insert                      |
| AR          | 1           | 014-0015001        | C-clip                           |
| AS          | 2           | 011-0311013        | Square Head Set Screw            |
| AT          | 4           | 14-OIL-34F         | Ø3/4" Oilite                     |
| AU          | 1           | 012-0202001        | 1/2" Serrated Hex Nut            |
| AV          | 1           | 011-0201003        | 3/8"-16 x 1" BHS (BZ)            |
| AW          | 9           | 013-0202004        | 3/8" Flat Washer (BZ)            |
| AX          | 2           | 013-0202003        | 5/16" Flat Washer (BZ)           |
| AY          | 2           | 013-0206002        | 5/16" Lock Washer (BZ)           |
| AZ          | 5           | 013-0206003        | 3/8"-16 Lock Nut (WZ)            |
| BB          | 5           | 012-0004004        | 3/8"-16 Lock Nut (WZ)            |
| BC          | 12          | 011-031100         | #10-32 x 1/8" Set Screw          |
| BD          | 2           | 013-0102020        | 3/8" Split Washer (WZ)           |
| BE          | 1           | 16-CAP-382         | 3/8" x 2" Vinyl Cover            |
| BF          | 1           | 018-0002003        | 3 1/4" Pulley w/o Thread         |
| BH          | 2           | 011-0002042        | 3/8"-16 x 1" FHS (WZ)            |
| BJ          | 4           | 011-0101026        | 3/8"-16 x 1" BHS (WZ)            |
| BK          | 1           | 011-0002043        | 3/8"-16 x 1 1/2" FHS (WZ)        |
| BL          | 1           | 026-01PL268        | Guide Rod Mount                  |
| BM          | 1           | 026-01PL239        | Rubber Thumb Pad                 |
| BN          | 30          | 026-01W0122        | Intermediate Weight Bushing      |
| BP          | 1           | 026-01M0134        | Weight Selector Pin              |

# **OWNERS MANUAL**

## **ABBREVIATION LISTING**

**BZ = Black Zinc**

**HH = Horizontal "H"**

**VH = Vertical "H"**

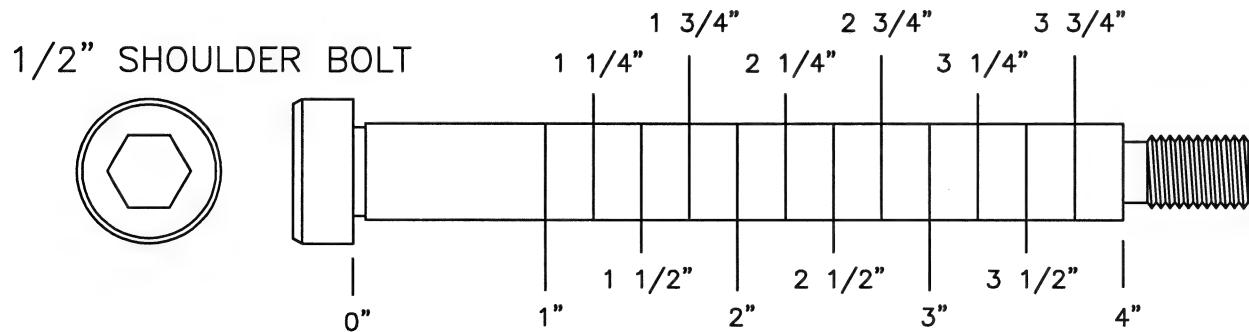
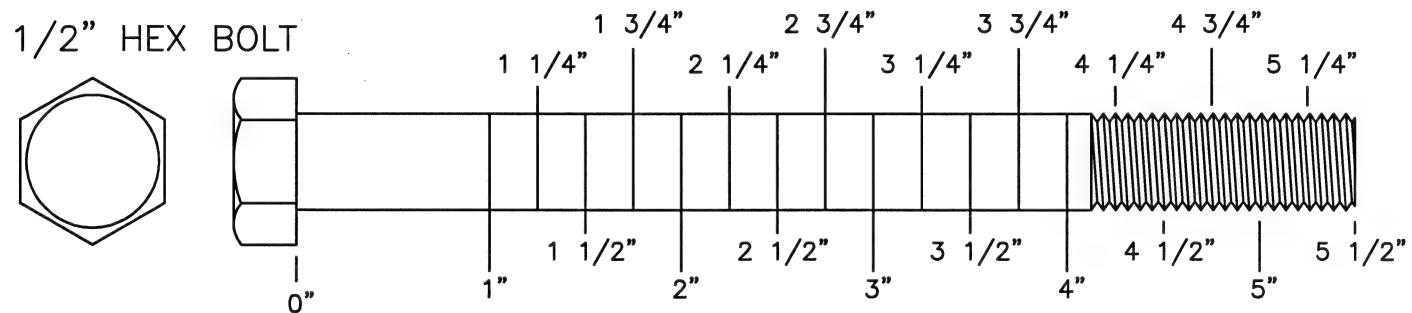
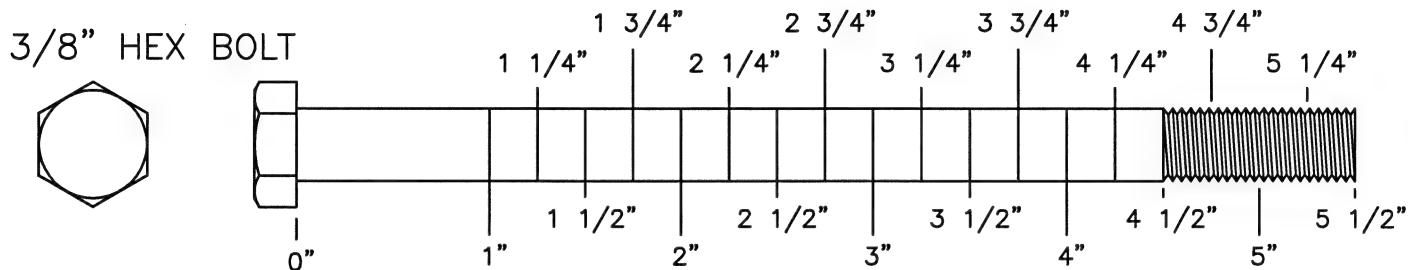
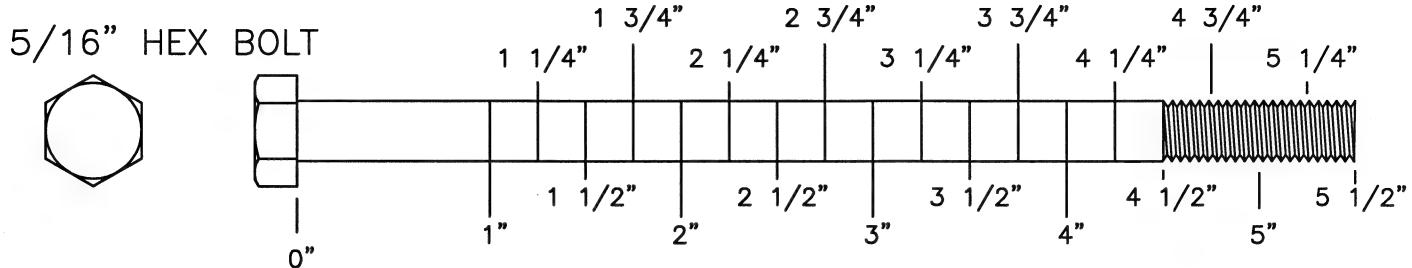
**WZ = White Zinc**

**FHS = Flat Head Screw**

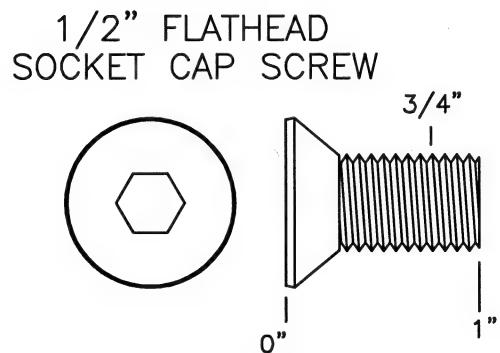
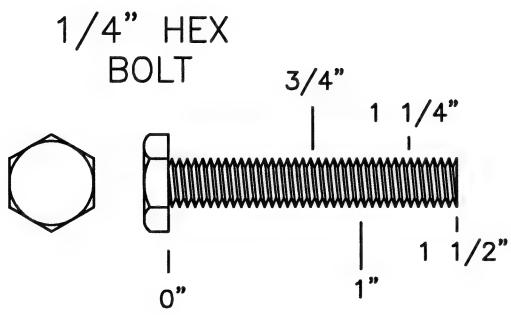
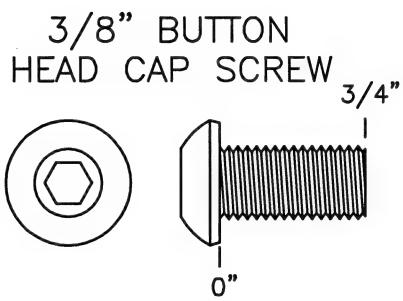
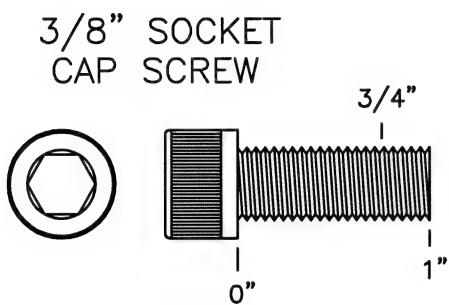
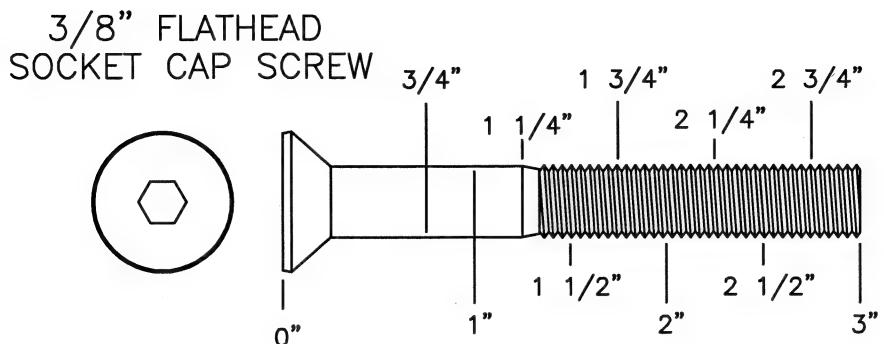
**BHS = Button Head Screw**

**SHS = Socket Head Screw**

# OWNERS MANUAL

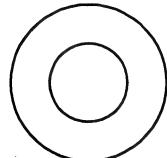


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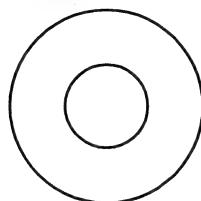


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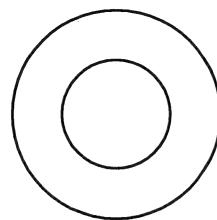
5/16"  
FLAT WASHER  
LARGE, USS, 25mm



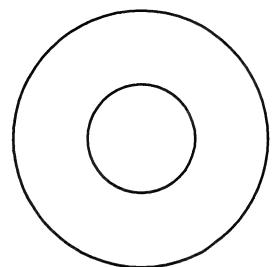
3/8"  
FLAT  
WASHER



1/2"  
FLAT WASHER  
SMALL, SAE, 26mm



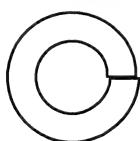
1/2"  
FLAT WASHER  
LARGE, USS, 34mm



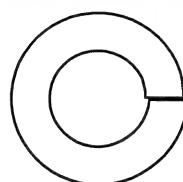
1/4"  
LOCK WASHER



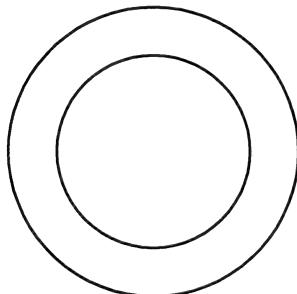
3/8"  
LOCK WASHER



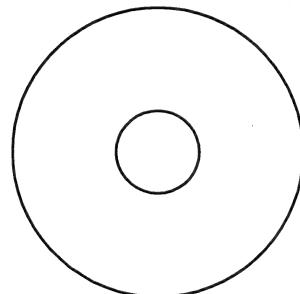
1/2"  
LOCK WASHER



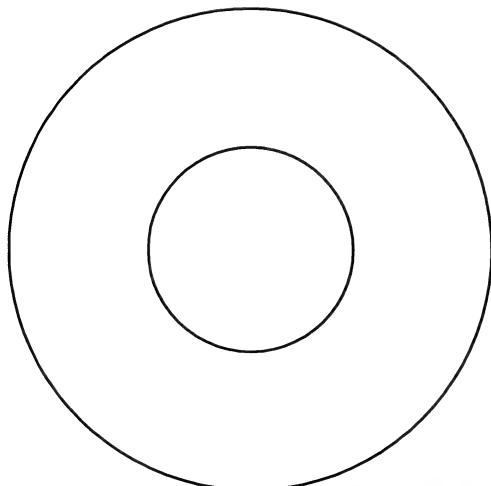
1" SHIM WASHER



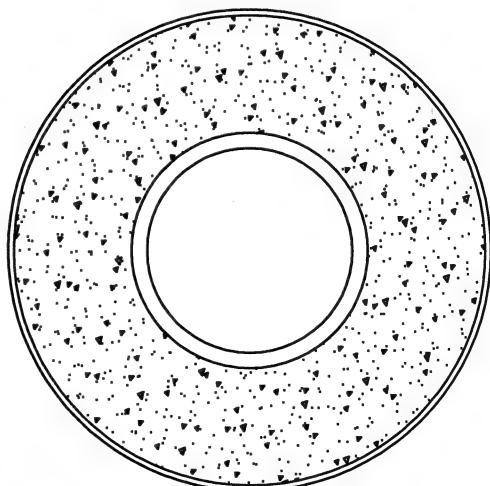
3/8" FENDER WASHER



1 1/16"  
FENDER WASHER

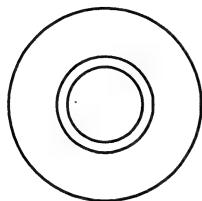


PLASTIC 1 1/16"  
FENDER WASHER

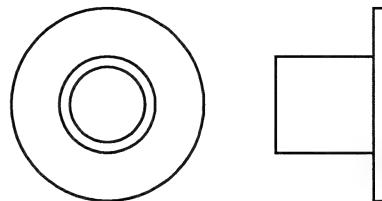


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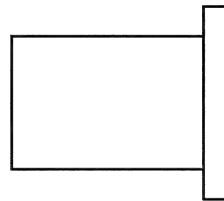
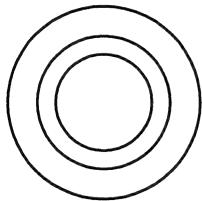
1/4" LONG  
FLANGED SPACER



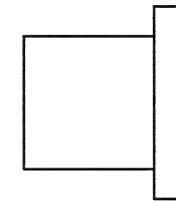
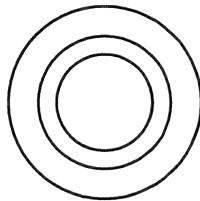
1/2" LONG  
FLANGED SPACER



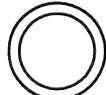
1/4" LONG HEAVY  
FLANGED SPACER



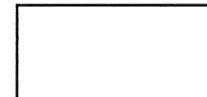
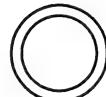
11/16" LONG HEAVY  
FLANGED SPACER



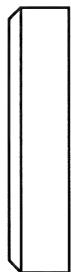
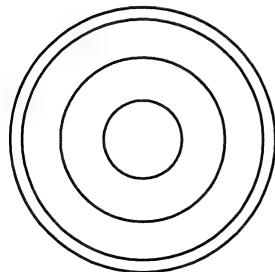
1/2" LONG  
SPACER



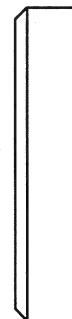
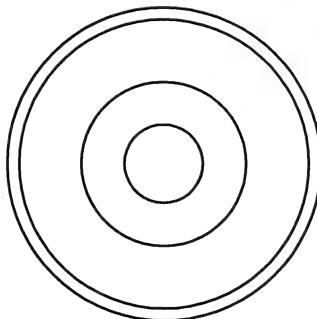
1" LONG  
SPACER



1 3/8" ALUMINUM  
FLATHEAD CAP

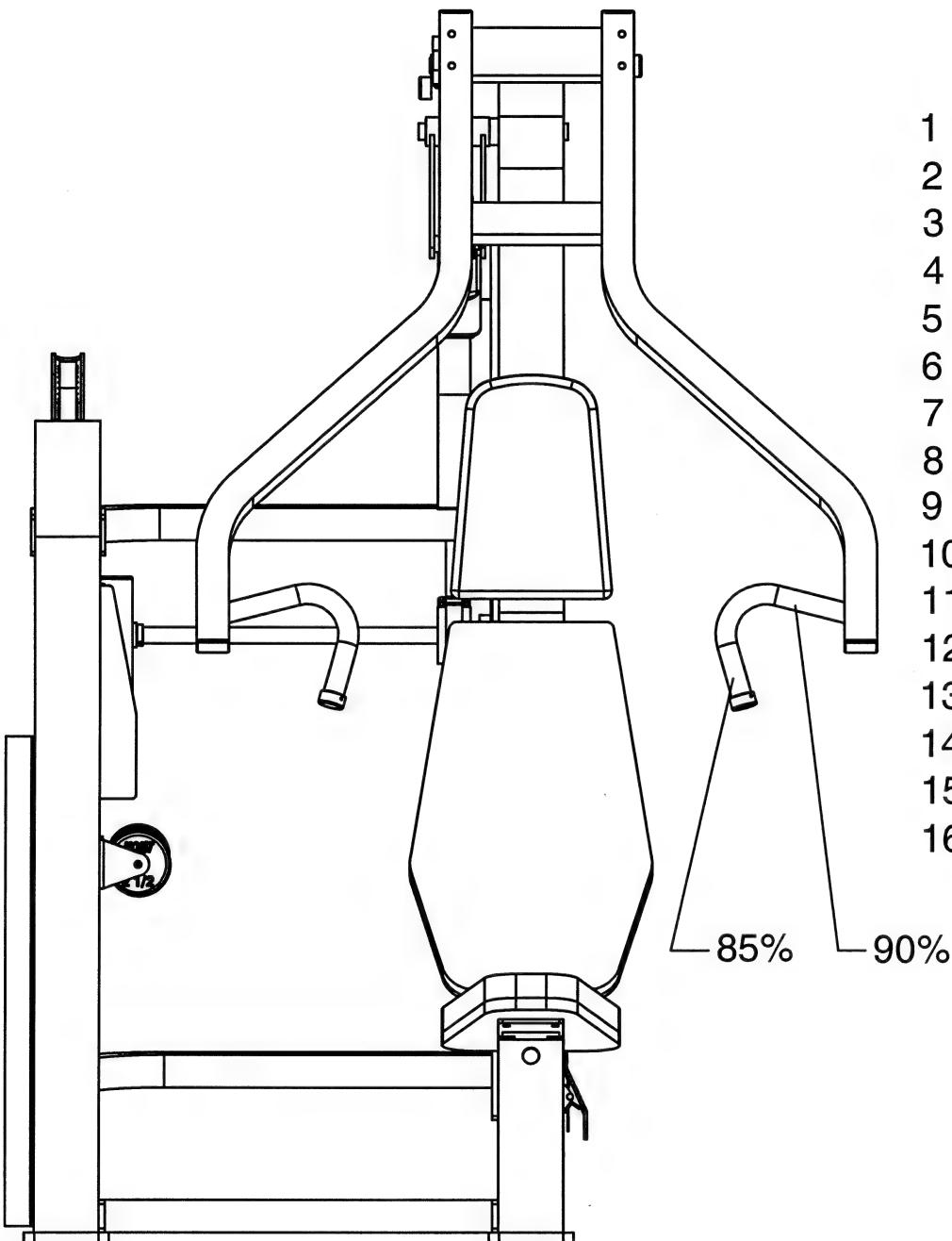


1 5/8" ALUMINUM  
FLATHEAD CAP



# OWNERS MANUAL

## WEIGHT RATIOS



|    | 85% | 90% |
|----|-----|-----|
| 1  | 7   | 8   |
| 2  | 24  | 26  |
| 3  | 41  | 44  |
| 4  | 58  | 62  |
| 5  | 75  | 80  |
| 6  | 92  | 98  |
| 7  | 109 | 116 |
| 8  | 126 | 134 |
| 9  | 143 | 152 |
| 10 | 160 | 170 |
| 11 | 177 | 188 |
| 12 | 194 | 206 |
| 13 | 211 | 224 |
| 14 | 228 | 242 |
| 15 | 245 | 260 |
| 16 | 262 | 278 |

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.

# OWNERS MANUAL

# **OWNERS MANUAL**

## **WEIGHT TRAINING TIPS**

**Always consult your physician before starting any exercise program.**

**Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.**

**Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.**

**Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.**

**Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.**

**Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.**

# OWNERS MANUAL

# OWNERS MANUAL

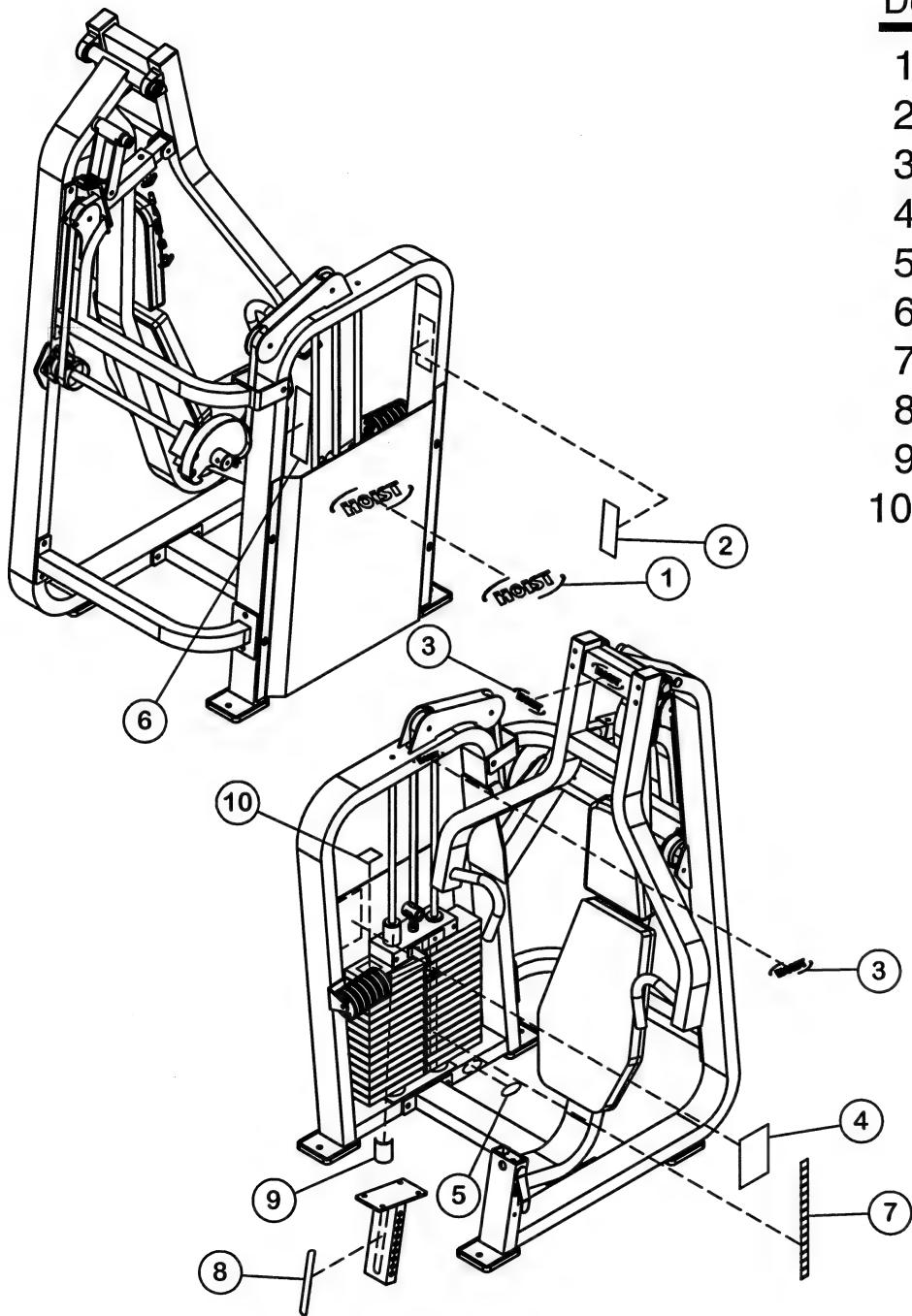
# WEIGHT TRAINING EXERCISE LOG

**S = Sets   R = Repetition per set   W = Weight used**

# OWNERS MANUAL

# OWNERS MANUAL

## DECAL PLACEMENTS



### Decal Parts Number

- 1) 021-0004026
- 2) 021-0003131
- 3) 021-0004029
- 4) 021-0013066
- 5) 021-0004078
- 6) 021-0003130
- 7) 021-0003011
- 8) 021-0004023
- 9) 021-0003107
- 10) 021-0003113

# OWNERS MANUAL

## DECAL REFERENCE



021-0004026

| COMMERCIAL MAINTENANCE  | Daily | Weekly | Monthly | Quarterly | 6 Months | Yearly |
|---|-------|--------|---------|-----------|----------|--------|
| Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins             |       |        |         |           |          |        |
| Clean; Upholstery   | X     | X      |         |           |          |        |
| Inspect; Cables or Belts and their tension                                    |       |        | X       | X         | X        |        |
| Inspect; Accessory Bars and Handles   |       |        | X       | X         | X        |        |
| Inspect; All Decals   |       |        |         | X         |          |        |
| Inspect; Anti-Skid Surfaces   |       |        |         |           | X        |        |
| Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superior) |       |        |         |           |          | X      |
| Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearings                    |       |        |         |           | X        | X      |
| Clean and Wax; All Glossy Finishes  |       |        |         |           |          | X      |
| Rewrap with Grease; Linear Bearings   |       |        |         |           |          | X      |
| Replace; Cables, Belts and Connecting Parts                                   |       |        |         |           |          | X      |

**NOTICE**

021-0003131



021-0004029



021-0004078

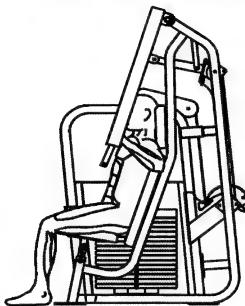


# OWNERS MANUAL

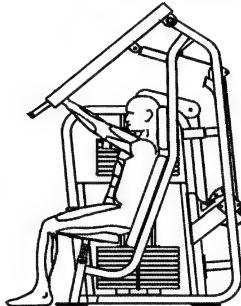
## DECAL REFERENCE

### CL 2301 CHEST PRESS

Start / End Position



Midpoint Position



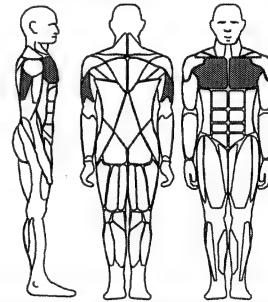
**HOIST**  
FITNESS SYSTEMS

#### Exercise Instructions

- 1 Be seated and select desired exercise weight.
- 2 Adjust seat height.  
(Handles at mid-chest recommended).
- 3 Adjust press arm to desired beginning position.  
(Arms 90 degrees to the elbow recommended).
- 4 Grip handles and press arm forward to full extension with a smooth controlled movement.  
Return back to starting position and perform desired number of repetitions.

**PRIMARY:**  
Chest

**SECONDARY:**  
Triceps



021-0013066

#### **WARNING**

USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW ROUTINE MAINTENANCE SCHEDULE

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to free any jammed part by yourself. Obtain assistance in order to avoid possible injury.

6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.

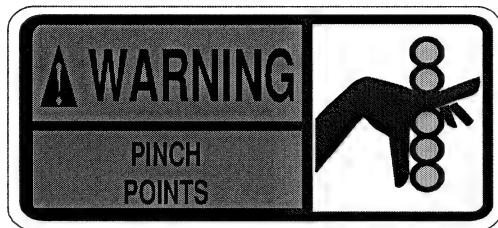
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

B. CALL YOUR AUTHORIZED HOIST DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-003130

# OWNERS MANUAL

## DECAL REFERENCE



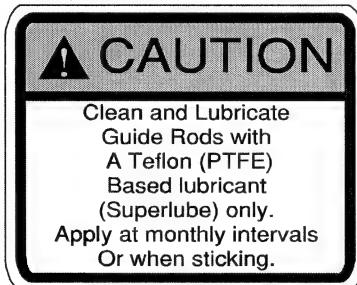
|    |    |
|----|----|
| 1  | 11 |
| 2  | 12 |
| 3  | 13 |
| 4  | 14 |
| 5  | 15 |
| 6  | 16 |
| 7  |    |
| 8  |    |
| 9  |    |
| 10 |    |

021-0003114

021-0003011

1 2 3 4 5 6 7 8 9

021-0004023



021-0003107

# OWNERS MANUAL

## MAINTENANCE SCHEDULE

| ROUTINE  | COMMERCIAL MAINTENANCE | HOME MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |  |  |  |  |  |  |
|--|------------------------|------------------|-------------------|--|--|--|--|--|--|--|--|--|--|--|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                  | WEEKLY           |                   |  |  |  |  |  |  |  |  |  |  |  |
| Clean;<br>Upholstery   | DAILY                  | WEEKLY           |                   |  |  |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension  | DAILY                  | WEEKLY           |                   |  |  |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles  | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Inspect;<br>All Decals   | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if needed                                    | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface  | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                | 3 MONTHS         |                   |  |  |  |  |  |  |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes  | 6 MONTHS               | YEARLY           |                   |  |  |  |  |  |  |  |  |  |  |  |
| Rewrap with Grease;<br>Linear Bearings   | 6 MONTHS               | YEARLY           |                   |  |  |  |  |  |  |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting Parts                                       | YEARLY                 | 3 YEARS          |                   |  |  |  |  |  |  |  |  |  |  |  |

Your equipment comes with a commercial maintenance decal.  
For personal, in home use, please follow the home maintenance schedule listed above.

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

### Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

\*Check all pieces for signs of visible wear or damage.

\*Check springs in snap hooks and pull-pins for proper tension and alignment.

\*If the spring sticks or has lost its rigidity, replace it immediately.

### Upholstery:

\*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.

\*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

\*Replace ripped or worn upholstery immediately.

\*Keep sharp or pointed objects clear of all upholstery.

### Guide Rods:

\*Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.

### Decals:

\*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### Nuts and Bolts:

\*Inspect all nuts and bolts for any loosening and tighten if needed.

\*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### Anti-Skid Surfaces:

\*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### Belts and Cables:

\*Hoist uses only high quality belt, and mil-spec cables.

\*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.

\*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.

\*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.

# OWNERS MANUAL

## GENERAL MAINTENANCE INFORMATION (CONTINUED)

### Belt and Cable Tension:

\*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached..

\*Check slack in cables and re-adjust cable tension if needed.

### Seat Sleeves, Turcite Bushings:

\*Wipe down adjusting tubes with a dust free rag before applying lubricant.

\*Lubricate seat sleeves and turcite bushings with a Silicon or Teflon baased lubricant spray.

### Linear Bearings:

\*Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# OWNERS MANUAL

## HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

**COMERCIAL USE;** All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

**HOME USE;** All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. the frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

### WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**NO CONSEQUENTIAL DAMAGES.** Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**WARRANTY IS NOT TRANSFERABLE.** This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

**ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD.** Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

**TRANSPORTATION COSTS.** Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

**WARRANTY CLAIMS.** All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

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**PLEASE KEEP THIS FOR YOUR RECORDS**